

AFTER MOHS MICROGRAPHIC SURGERY

Your surgical wound will likely require wound care during the week(s) following surgery. Detailed written instructions will be provided after your surgery is completed. You should plan on wearing a dressing and avoiding strenuous physical activities for one to two weeks. Most patients report minimal pain which responds readily to Tylenol.

You may experience a sensation of tightness across the area of surgery. Skin cancers frequently involve nerves, and months may pass before your skin sensation returns to normal. In some cases, numbness may be permanent. You may also experience itching after your wound has healed. Complete healing of the surgical scar takes 12 to 18 months.

Especially during the first few months, the site may feel "thick", swollen, or lumpy, and there may be some redness. Gentle massage of the area starting about one month after surgery and keeping lotion on the area will speed the healing process.

An indefinite follow-up period observation is necessary after the wound has healed. You will be asked to return in three months, six months, one year, and at least annually thereafter.

Studies have shown that once you develop skin cancer, there is a

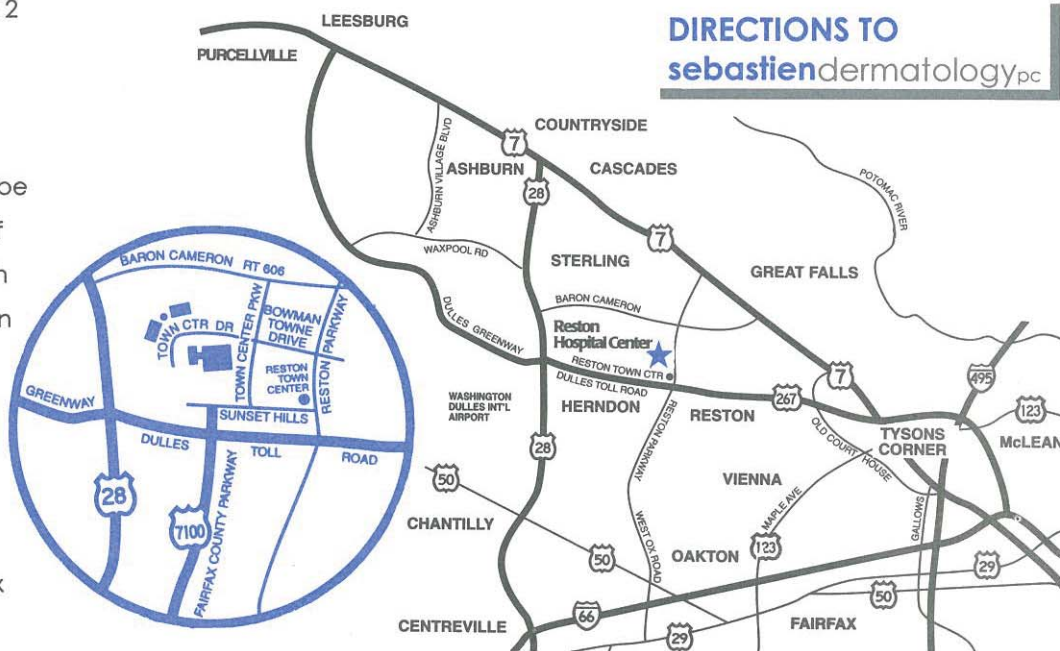
strong possibility that you will develop other skin cancers in the years ahead. If you notice any suspicious areas, it is best to check with your physician for a complete evaluation.

Sunshine is not harmful to you as long as you use adequate protection. Fifteen to 30 minutes before sun exposure, you should liberally apply a sun screen with a sun protection factor (SPF) of 15 or higher to all exposed areas. Since many sunscreens wash off with water or perspiration, reapply it after swimming or exercising. Also wear a broad-brimmed hat and use clothing to further protect yourself from the sun. Remember, sun exposure is most intense between 10AM and 3PM. You may lead a normal lifestyle if you take precautions and are sensible.

ABOUT Theodore S. Sebastien, M.D.

Theodore S. Sebastien, M.D., holds a medical degree from McGill University Medical School. Following a dermatology residency at the University of Michigan, Dr. Sebastien completed a Mohs Micrographic Surgery Fellowship at Vanderbilt University Medical Center. He is board certified in dermatology, a member of the American Academy of Dermatology, and a Fellow of the Royal College of Physicians and Surgeons. Dr. Sebastien is certified by, and is a Fellow of the American College of Mohs Micrographic Surgery and Cutaneous Oncology.

Please ask Dr. Sebastien any questions you have about your surgery. We want you to be as comfortable, relaxed and informed as possible.



sebastiendermatologypc is located on the campus of the Reston Hospital Center at 1800 Town Center Drive. Just south of Rte. 7 and convenient to the Dulles Toll Road, the office is in Reston's popular Town Center. Parking is available on hospital grounds.